



## Natural Cures 200 All Natural Fruit Veggie Remedies for Weight Loss, Health and Beauty Nutritional Healing - Food Cures Volume 1

By Gina 'the Veggie Goddess' Matthews

CreateSpace Independent Publishing Platform. Paperback. Book Condition: New. This item is printed on demand. Paperback. 182 pages. Dimensions: 8.5in. x 5.5in. x 0.4in. Holistic health by way of natural cures and nutritional healing was how our ancestors used to live, and we are once again returning to this natural living lifestyle. Holistic health through the use of natural remedies and food cures, is not meant to shun modern medicine. Instead, it is a safe and oftentimes harmless first defense against life's constant barrage of both minor and major threats to our physical, mental and emotional health and well-being. Nutritional healing via food cures, used both internally and externally, is how our bodies are naturally meant to survive and thrive. Our bodies naturally know how to extract and assimilate nutrients and medicinal compounds found in natural foods, vs. synthetically manufactured ones. And, unlike their lab-made counterparts, natural remedies and food cures have far less incidence of side effects. Typically, any side effects realized when using natural remedies, is a result of a food allergy, or irresponsible use by the end user. Here's a sampling of some of the expansive nutritional healing and food cures you'll find inside Natural Cures: 200 All-Natural Fruit...



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